



MEDIA RELEASE

Tuesday, February 25, 2014

The City of Florence, in Conjunction with Abel to Cook, Offer Healthy Cooking Class Series

The City of Florence and Abel to Cook are pleased to announce they will be offering a healthy cooking series in 2014. The classes will be taught by Abel to Cook's owner, Lauren Abel, and showcase how healthy cooking can be fast, easy and delicious.

The first class of the series will be held on Thursday, March 13, 2014 from 6:30pm to 8pm at the Florence Senior Activity Center located at 7431 U.S. 42, Florence, Kentucky 41042. The theme of this class will be Lusciously Lenten: Say Goodbye to the Fish Fry! The menu will be as follows:

- Baked Spinach and Cheese Stuffed Mushrooms
- Three types of Baked Herbed Fish
- Brown Rice
- Banana Peanut Butter Frozen Dessert

The cost for the class is \$30 per person. Advance registration and payment (nonrefundable) are required. To register and pay for the class, go to: <http://abeltocook.com/events/>

The remaining series dates and themes are:

June 11: Sensational Summer Salads; August 27: Magnificent Meatless Menus; October 29: Happy, Healthy Holiday Grazing

All classes will be held at the Florence Senior Activity Center from 6:30 to 8pm. Classes are open to all ages (not just seniors) in the Greater Cincinnati and Northern Kentucky area.

"We're excited to offer these classes to help our community eat healthier. I've been to classes Lauren has taught. Her food is great and her classes are fun and informative. I know people will enjoy the menus and learn a great deal too. These classes are also a wonderful opportunity for us to showcase our beautiful facility that can be rented for parties and events," says Florence Mayor Diane Whalen.

Abel teaches healthy cooking classes for companies and organizations, retail stores, charity fundraisers and small groups of individuals across the tri-state area. "I'm thrilled to be working with the City of Florence and teach in this fantastic facility," says Abel.

Abel to Cook is the healthy cooking and healthy eating education division of Abel Fitness Training. For more information on both companies, visit: www.abeltocook.com and www.abelfitness.com.

For more information, call 647-8177 or go to www.florence-ky.gov.